

March 2009



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He Ain't Heavy He's My Brother

The evening of Friday, March 13, was not a typical one for Doug Townshend and his wife Kris. As they were headed out for the evening, they noticed smoke in the area and soon realized the smoke was coming from the home of his brother Mike, who lived in the neighborhood. As they approached the house, flames were venting from the kitchen. Kris quickly called 911 while Doug, who had a sense that his brother may have been asleep, went to the sliding glass doors on the back of the house and yelled for Mike. Doug believes that his yelling probably woke his brother, who thankfully, screamed back.

Doug determined the only way to get to Mike was through the bedroom window, as the black smoke at the front door was becoming heavier. He used a sledgehammer to break the window. The window, however, was too high for Doug to enter, and he had to use an overturned tub to get into the win-

dow.

Doug said that once he was inside, he yelled to his brother to come to the sound of his voice, and that Mike kept yelling back, "Where are you?". Kris was outside the house screaming, "Oh my God," because she realized that both her husband and brother-in-law were inside the burning home.

Doug performed a quick search of the room but could not find his brother. The conditions inside the house forced Doug to "bail out" of the window in order to get fresh air. After Doug went back in a second time, he and Mike found each other. Both tumbled through the window. Doug pulled Mike away from the burning house. He said they both were in tears. "I was either going to find him or I was



going to die in there with him," said Doug, "because I wouldn't be able to live with myself, leaving him."

Mike suffered severe smoke inhalation and second-degree burns to his hands. Doug said Mike also had "a nasty bump on his head where I landed on him," when they fell to the ground. Mike was transported to a Richmond Hospital; he has since been released and is staying with family. Doug will be out for two weeks while his injury heals. The house was a total loss. Doug's actions that evening exemplify the true essence of a hero.

Newsletter Name Selection..

Thanks to all who submitted suggestions for the fire department newsletter. To date we have received 29 suggestions. In an effort to be inclusive, we are asking for input in selecting the winning entry. Send your selection to Captain Santano by April 20.

- The AFD Sentinel
- Trumpet of Change
- The Defender
- The AFD Link
- The Link
- The Greater Alarm
- The Command Post
- The Responder
- The Frontline
- Smoke Signals
- The Heartbeat
- The Heartbeat of AFD
- Federal Q
- The AFD Steamer
- AFD News Brief
- The Post and Lintel
- The Trumpet Crier
- The Cardinal Grosbeak
- The Drummer
- The AFD Recorder
- The Supporter
- The AFD Beam
- The Cavalcade
- The Encourager
- The AFD Heartbeat
- The Vena Cava
- The AFD Pulse
- Heat and Heartbeats
- Word Around the Campfire

Burn Class submitted by Ray Whatley



Medic II Weissman, CERT volunteer Brian Jacobson (patient) and John Birney In-

Alexandria Fire Department's Professional Development Center hosted the first of several Advanced Burn Life Support classes. The class was made possible through a regional grant for Northern Virginia Hospital Alliance. The class was taught by Katie Hollowed, RN, Burn Outreach Education Coordinator from Washington Hospital Center. She was assisted by Jeffrey Shupp, MD WHC burn center, Allen Wolfe, RN, WHC MedSTAR, Ernest Grant, RN Burn Outreach Education Nurse from Chapel Hill, NC, burn center and a John Birney, NREMT-P from Pittsburgh, PA.

Attending from our department were Allison Brown, Jason Cage, Michael Gerber, Brian Hricik, Lisa Jones, Nicole Laureman, Michael Tabb, Joshua Weissman, Ray Whatley and Craig Youngdale. In addition we were two providers from Loudoun County Fire and Rescue, one from Arlington County Fire Department and one per from Gloucester, VA.

The next class hosted by the Alexandria Professional Development Center will be on April 30, 2009. Members from neighboring fire departments are scheduled to attend the class, which is already filled.

Governor Kaine Visits The Station at Potomac

Captain Casalena, Mike Dunn, Pat Lyons, and Andy Beckett with Governor Kaine



Virginia Governor Timothy Kaine and his staff toured Fire Station 209 on March 17. The Governor's visit to The Station at Potomac Yard was part of the Renew Virginia Event. Renew Virginia is an initiative to make Virginia a leader in energy conservation and efficiency and pro-

tecting the environment. The Station at Potomac Yard combines affordable housing with a working fire station, while integrating green building principles designed to achieve the U.S. Green Building Council's LEED Silver certi-

cation, while the residential section of the building is designed to achieve an Earthcraft certification. The U.S. Conference of Mayors selected The Station for its Excellence in Public Private Partnerships Award.

The Station at Potomac Yard incorporates 64 residential units, 20 of which are reserved as workforce

units. Residential units include one-, two- and three- bedroom models. Fire, Police and teachers are some of the targeted work force groups. Model apartments are anticipated to be open for tours and pre-leasing around mid-July 2009, with occupancy planned by late September.

The apartments will have rents targeted to serve households at "affordable" income levels. Based on released 2009 figures, a single person earning \$43,140 or less per year would qualify for an affordable unit; a person earning \$57,520 or less per year would qualify for a workforce unit. Income eligibility limits are adjusted upward based on household size. For more information about the project and the anticipated lease up/income qualification process, please contact Thelma Guerreiro, of Equity Management at tguerreiro@equitymgmt.com or 301-953-2366.

I.P.S.L.E.I CLASS OF 2009 Submitted by Lisa Jones

On May 27, 2008, members of the Alexandria Fire Department and DC Fire and EMS began leadership education and training. Phi Theta Kappa and the International Public Safety Leadership and Ethics Institute (IPSLEI) administered the training. IPSLEI is a program designed to bring the concepts of leadership and ethics to the forefront of a person's thinking. The IPSLEI participants attended four modules designed to lead them through a leadership development process; the courses consisted of developing a personal philosophy of leadership, applying leadership to leading others, applying leadership to leading organizations, and ethics and the challenge of leadership. Each module was 40 hours of classroom work plus a significant amount of time completing work outside the classroom. In addition to the 4 modules, several members also completed a 40 hour train-the-



Front row l-r Lashon Frazier, James Dugan, Robert Mullikin, Robert Pearson, Instructor Monika Byrd, Brian David, Lisa Jones, Sylvester Robinson, Marc Timbrook

Back row: l-r Lawrence Dipietro, Byron Andrews, Eric McGuire, Charles Mack, Instructor Eric Woodford, Chet Helms, Wayne Bryant, Wayne Branch, John Morehead

trainer course at the National Fire Academy. The final class was completed on March 20, 2009.

Heartsaver Adult & Child CPR-AED submitted by Ray Whatley



Firefighter Reggie Rich

To wrap up February's American Heart Month, Firefighter/CPR instructor Reginald Rich assisted fellow City employees and the American Heart Association.

Over two days F/F Rich trained 16 city employees in proper basic CPR techniques and use of AED. Several of these city employees had expressed interest as they have a public accessible AED in or near their workplace.

Awards and Recognition

Alexandria Fire and EMS Department Paramedics Mike Gerber and EMT-I Keith Jochem received the Alexandria Emergency Medical Services Council's "Call of the Quarter" for their efforts on August 9, 2008.

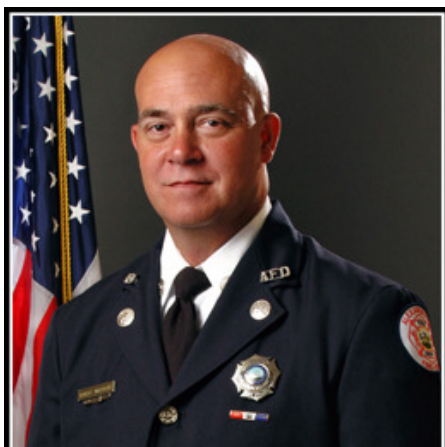
Medic 208 was dispatched to Fairfax for 49-year-old women complaining of chest pains. She stated the pain had been present all day but got worse as she called 911. The patient had taken medication for the pain earlier in the day with no relief. Oxygen therapy was continued and the patient was moved to the medic unit. An Intravenous line (IV) was established; as the patient was being connected to the cardiac monitor, she began complaining of dizziness and nausea, followed by vomiting. The patient lost consciousness and was experiencing agonal breathing (gaspings for air). The patient no longer had a palpable pulse. Initial ECG showed ventricular fibril-



L-R: Jeff Woolsey, Dr Vafier, Michael Gerber, Keith Jochem, AFC Pouget, Pamela Copley, AFC Snead, FC Thiel, Scooter Slade

lation (abnormal heart rhythm) and the patient was defibrillated at 200 joules. The patient began breathing and pulses were regained. The patient then regained consciousness and was alert and oriented, stating her pain was almost completely gone. She was transported to Alexandria Hospital, remaining conscious and alert.

RETIREMENTS



Firefighter Robert Whitmore
23 years of service



Captain Daniel Taylor
32 years of service

POISON PREVENTION AWARENESS submitted by Patsieann Misiti

Poisoning is the second leading cause of unintentional injury related death in the home. According to the American Association of Poison Control Centers (AAPCC), more than 92 percent of the 2.4 million poison exposures reported annually occurred in the home. Yet, most families are still not taking the appropriate precautions to reduce the risk of poison exposure.

With some basic poison prevention knowledge, everyone can become actively involved in helping ensure the safety of children and adults in your home and your community.

Here are a few poison prevention tips to help avoid the risk of accidental poisoning.



KEEP KIDS SAFE
-- A poison is something that

makes you sick or hurts if you eat, drink, touch or smell it. Poisons can be SOLID. Solid poisons can be chunky or chewy like pills, batteries, plants and berries.



ADULT POISON AWARENESS --

Read and follow the directions and warnings on the label before taking any medicine. If you have any questions about the intended use of your medicine, contact your doctor.



PREVENT CARBON MONOXIDE POISONING --

At the onset of cold weather, we begin operating appliances and equipment that can generate carbon monoxide (CO) gas. Every year, exposure to CO results in hundreds of deaths and many thousands of illnesses.



POISON CENTERS CAN HELP

America's poison centers are open 24 hours a day, seven days a week to help you. The Poison Help Hotline, 1-800-222-1222, serves as a key medical information resource.

THE VALUE OF POISON CENTERS--

Every eight seconds, someone calls a poison center. Almost 90 percent of the people who call have their poison emergency managed over the telephone by center staff and do not have to seek help from a physician's office or make a visit to the emergency department.

<http://www.aapcc.org>

<http://homesafetycouncil.org>

<http://www.poisonprevention.org>

SPOT LIGHT



Mike Cahill

Mike was born in Syracuse, NY, and grew up in the small town of Bridgeport on the south shore of Oneida Lake. He was swimming as soon as he could walk, and boating and sailing before he could drive. His family moved to Troy, NY, when he was 16. He joined the Army National Guard as a junior in high school and became a volunteer firefighter after graduation, where he was only one of three in town to be certified as an EMT. Mike attended Rensselaer Polytechnic Institute, where he majored in Electrical Engineering.

He later transferred to the United States Army as a combat medic. His first permanent duty station was at Fort Detrick in Frederick, MD. While stationed at Fort Detrick, he earned the Army's Expert Field Medical Badge, and was placed in charge of the health clinic during Desert Shield and Desert Storm. He spent his off-duty time volunteering for the Independent Hose Company and served one year as their EMS Director.

Mike started his career with Alexandria in 1994. Mike is married to his high school sweetheart Molly, who hails from Ft. Wayne, IN. Mike and Molly celebrated the birth of their first child, Margaret Eileen (Maggie), in 1999. In 2001, they bought a house in Littlestown, PA, and shortly thereafter, learned they were expecting

their second baby, Aidan Aloysius.

He was called back to duty after the events of September 11, 2001. The Cahill's were able to move into their new home with the help of the AFD family, for which he remains eternally grateful. Mike returned to the Alexandria Fire Department in 2004. In 2007, he was again mobilized, this time sent to Iraq where he had a convoy security mission. While in Iraq, he earned a Bronze Star and lost some hearing.

As a pastime, he enjoys building; computers and wooden furniture. He is a "ham", KB3EMY. He enjoys going to cub scouting events with his son and skating with both his kids. Aidan's learning hockey; a sport Mike played as a kid, and Mike may return to referee hockey, something he did in his youth.

New way to commit suicide...submitted by Captain Bayliss

Recently a new method for committing suicide has been uncovered by two fire departments. The technique involves mixing two chemicals that can be bought over the counter at local stores. The two chemicals are Bonide, a sulfur-based spray used as an insecticide for fruit trees, and Hydrochloric Acid (Muriatic acid). The mixture produces heat and a flammable, noxious gas that renders the subject unconscious and stops the heart within minutes. In both cases, the victims



locked themselves in their cars and mixed the chemicals. Fortunately, both victims took precautions to warn anyone that found them about the deadly gas by posting signs on their windows. One victim actually taped the gaps around the doors from the inside prior to mixing the chemicals.

It is easy to see how these two incidents could have escalated in the absence of the warning signs

posted by the victims. Just think: on a routine call, how would most of us have responded to a similar incident?

It's Sunday morning, 0830 hours. You are dispatched to a person unconscious in a vehicle in the parking lot of a local business. The engine and medic unit pull up and see a person that appears to be asleep or unconscious. You knock on the window with your gloved hand and get no response. The doors are locked and this time there is no note or sign to warn you. What action do you take? Will you hurry to make patient access? Will you use a lockout tool, center punch, or haligan tool to make entry?

You make entry and are met by a rush of warm air coming from the vehicle. You smell a sharp odor. You have just been exposed to a noxious and possibly fatal gas!

What could have been done differently? How should you respond to this type of incident?

Do not become complacent!

Start your size-up from the time the call is dispatched. Survey the scene thoroughly. Is there anything unusual? (Open containers in the vehicle, notes, tape on the windows, etc.) Wear the appropriate personal protection equipment (PPE.) Establish a hot zone and call for additional resources. Did APD arrive first and become exposed and need first aid or decon?

The two calls mentioned above started out as routine calls for a person down in an automobile. Both escalated to Haz-Mat calls and could have become more tragic. Beware of this new way to commit suicide and stay safe!

To review the two news articles of these events go to :

<http://beaconmedianews.com/2008/08/26/23-year-old-man-commits-suicide-with-chemicals-inside-2003-vw-bug/>

<http://www.daily-tribune.com/index.cfm?event=news.view&id=674BB0CD-19B9-E2E2->



STATISTICS

FIRE ALARM HEADQUARTERS CALLS PROCESSED	
911	309
Administration Received	1465
Administration Dialed	682
Dispatched Calls	1400
Total calls	3856

FEBRUARY RUN STATS

	Unit	EMS	SUP	TOTAL	Current Yr	Previous Yr
Station 201	E201	23	78	101	240	
Total		23	78	101	240	
Station 202	E202	45	43	88	207	
	M202	148	22	170	344	
Total		193	65	258	551	
Station 203	E203	36	49	85	184	
	T203	13	79	92	199	
Total		49	128	177	383	
Station 204	E204	47	45	92	205	
	T204	10	82	92	231	
Total		57	127	184	436	
Station 205	E205	59	75	134	337	
	M205	174	36	210	461	
Total		233	111	344	798	
Station 206	E206	72	77	149	365	
	M206	195	40	236	490	
	R206	12	16	28	91	
Total		279	133	413	946	
Station 207	E207	72	83	156	344	
	M207	158	22	180	378	
Total		230	105	336	722	
Station 208	E208	99	106	205	474	
	M208	176	45	221	459	
	T208	23	73	96	250	
Total		298	224	522	1183	
Station totals		1362	971	2335	5259	

HOT SHOTS



School bus accident Medic Barbour with patient



Chief Snead assisting medics Eppich and Wade



Dave Statter interviewing Captain Masser



Boat 201 on the Potomac River



Snow Day



Haz Mat at 912 Wythe St. Brian Ford, Corin Pumphry (middle) and Mat Craig